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# Fat Content of Ground Beef and Sausage 1991

BY LESTER HANKIN  
AND VIPIN K. AGARWAL

A cooperative study by The Connecticut  
Agricultural Experiment Station and  
the Food Division of the Connecticut  
Department of Consumer Protection

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## SUMMARY

Of 221 ground beef samples tested, 54 (24.4%), contained an excess of fat. Four of 64 sausage samples tested also contained an excess of fat. Four ground turkey products were examined and all contained excess fat.

# Fat Content of Ground Beef and Sausage 1991

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Products labeled as ground beef or sausage must meet Connecticut (Regulations 1990) and Federal Regulations (Code of Federal Regulations). Federal Regulations for ground beef only allow a maximum of 30% fat. Current Connecticut Regulations (Regulations 1990) state that ground beef with a specific name, e.g. *lean*, *diet lean*, or designating a specific cut of meat, e.g. *sirloin* or *chuck*, must conform to the maximum amount of fat allowed (Table 1). If products specify a fat content, e.g. *not more than 20% fat*, or *not less than 80% lean* (20% fat) (Administrative Regulations), or are labeled with a specific cut of meat, e.g. *ground round*, or with dual labeling, e.g. *extra lean ground chuck*, then the most stringent Regulation applies. Products with excess fat are considered misbranded (CT General Statutes 1989).

Sausage cannot contain more than 50% fat unless labeled as *Italian*, which can contain not more than 35% fat. Up to 3% added water is allowed in sausage (Code of Federal Regulations), and up to 3.5% binders or extenders. Products labeled as *ground pork* cannot contain more than 30% fat.

## METHODS

Samples were collected from January 1, 1991 to December 31, 1991 by inspectors of the Food Division of the Connecticut Department of Consumer Protection. In all, 221 ground beef, 62 sausage, and six miscellaneous samples were collected. Most samples were from food stores, but some were from restaurants and fast food establishments. Samples were delivered to the laboratory and either tested immediately or frozen until tested. Analyses were performed by methods described in Official Methods of Analysis (Official Methods). Fat is expressed as percentage of the fresh weight of the product.

Because of the inherent variability in sampling and in analysis, only samples found to be greater than one percentage unit above the regulated standard, or above the claim stated on the label, were considered to contain excess fat.

Table 1. Maximum percent fat allowed in ground beef.

Category	Maximum % fat
Lean	22
Extra Lean	15
Diet Lean	10
Ground Chuck	20
Ground Round	15
Ground Sirloin	13
No Designation	30

## RESULTS AND DISCUSSION

**Ground Beef:** The fat contents of the 221 ground beef samples tested are shown in Table 2. Following the name of the vendor is the town where the merchant or restaurant is located. The percentage of fat found is then shown. Those with an excess of fat are followed by a plus (+) sign. In the next column, the maximum amount of fat allowed for that sample is listed, except if a claim for a lower fat content is made, then that claim is listed. For example, a product may be labeled as *ground round* (maximum fat allowed is 15%) but the label also may state that it contains *not more than 10% fat*, or *not less than 90% lean* (10% fat). In this case the 10% fat maximum is used.

Samples with a # sign after the vendor's name cannot be labeled as ground beef since they contained fillers and additives (Table 2).

Of the 221 ground beefs tested, 54 or 24.4% contained excess fat. This is a higher percentage than found in 1990 when 17.3% contained an excess (Bulletin 892). From 1982 to 1989, the percentage of samples with an excess ranged from 8 to 11 (Bulletins 816, 837, 858, 882). Before 1991, unless a specific claim for fat content was made, the product only had to comply with the maximum of 30% fat, even if it was labeled as containing a specific cut of meat.

In 1991 vendors may have had difficulty in adjusting their processing to meet the new regulations (Regulations 1990), and the higher percentage may reflect this.

A summary of the fat contents in all categories of products is shown in Table 3. The highest percentage of excesses of fat, 37.9%, was in products labeled as *diet lean*, although those labeled as *lean* and *ground chuck* were also high, 32.4 and 30%, respectively. The category with the least number of excesses was that with no designation, and thus only had to comply with the 30% fat maximum. Also in Table 3 is the average percentage of fat within categories. Only among products labeled as *diet lean* was the average above that allowed (10%) in the regulations. In all categories, the range of fat contents was wide.

**Sausage:** All sausage samples tested, listed by vendor, amount of fat found, and label designation, are shown in Table 4. Those with excess fat have a plus sign (+) after % fat found. Among the 64 sausage samples tested, 23 were regular sausage and only had to conform to a 50% fat maximum. Forty-one samples were labeled as *Italian* sausage and had to conform to a 35% fat maximum. In all, only four regular samples, or 17.4%, contained an excess of fat (Table 3). None of the *Italian* types contained an excess of fat (Table 4). The average fat content of regular sausage was 30.5%, and 21.1% for *Italian* sausage (Table 3). In 1990 no sausage was found with excess fat (Bulletin 892). Four products (a \* after % fat found) contained an excess of filler (Table 4). The samples labeled as *ground pork* or *pork meat pattie* contained an excess of fat because the maximum allowed for such products is 30%.

**Miscellaneous products:** Six miscellaneous products were tested (Table 5). These included four labeled as *ground turkey* and two hot dogs. All the ground turkey products contained excess fat, and three of these were labeled as *fat free*.

#### ACKNOWLEDGMENTS

We thank John Hayes and Mamie Pyles for skillful analyses, and inspectors of the Food Division of the Connecticut Department of Consumer Protection, under the direction of John McGuire, for collecting the official samples.

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Table 2. Fat content of ground beef.

Vendor/Brand	Town	% Fat**		Label
		found	claim/regul.	
A & P	Old Lyme	11.6	15	Ground Round
A & P	Old Lyme	16.0	19	Lean
A & P	Suffield	9.9	15	Extra Lean
A & P	Suffield	17.4	20	Ground Chuck
A & P	Waterford	18.5	27	
A & P	Windsor	24.9+	22	
A & P	Windsor	22.4+	20	Ground Chuck
A & P	Windsor	21.9+	20	Ground Chuck
A & P	Windsor	22.1	22	Lean
ADQ - Dairy Queen	Manchester	21.6	30	Homestyle, Patties
Better Brands	Hartford	20.9	30	
Better Val-U	Lisbon	16.1	20	Ground Chuck
Big Value	Bantam	21.5	30	
Big Value	Bantam	14.5	20	Ground Chuck, 80% Lean
Big Value	Bantam	11.4	15	Ground Round, 85% Lean
Big Value	Bantam	12.1	13	Ground Sirloin
Big Y	Mansfield	12.6+	10	Diet Lean
Big Y	Mansfield	20.6	20	Lean
Big Y	Torrington	24.1	25	
Big Y	Torrington	8.3	15	85% Lean
Big Y	Torrington	9.0	10	Diet Lean
BJs Wholesale Club	Fairfield	26.1	30	
BJs Wholesale Club	Fairfield	26.6+	22	70% Lean
BJs Wholesale Club	Fairfield	19.4	20	80% Lean
BJs Wholesale Club	Fairfield	17.1+	10	Diet Lean
BJs Wholesale Club	Fairfield	15.6+	10	Diet Lean
BJs Wholesale Club	Fairfield	7.0	10	Diet Lean
BJs Wholesale Club	Fairfield	25.1+	20	Lean
BJs Wholesale Club	Fairfield	9.8	20	Lean
Bogner's	Manchester	28.0	30	
Boston Beef & Provisions	Bridgeport	29.4	30	
Boston Beef & Provisions	Bridgeport	30.8+	20	Ground Chuck
Boston Beef & Provisions	Bridgeport	29.4+	15	Ground Chuck, Extra Lean
Boston Beef & Provisions	Bridgeport	21.3+	15	Ground Chuck, Extra Lean
Boston Beef & Provisions	Bridgeport	34.5+	15	Ground Chuck, Extra Lean Patties
Boston Beef & Provisions	Bridgeport	30.4+	15	Ground Round, Extra Lean
Boston Beef & Provisions	Bridgeport	12.4+	15	Ground Round, Very Lean*
Boston Beef & Provisions	Bridgeport	21.5+	13	Ground Sirloin
Boston Beef & Provisions	Bridgeport	33.0+	15	Patties, Extra Lean
Bruno's Market	Voluntown	12.5	20	Ground Chuck
Buongiorno's Market	Stamford	18.6	18	Ground Chuck, 82% Lean
Buongiorno's Market	Stamford	11.0	13	Ground Round, Extra Lean, 87% Lean
Buongiorno's Market	Stamford	5.1	12	Ground Sirloin, 88% Lean
C-Town	New Britain	18.4	30	
C-Town	New Britain	12.9	20	Ground Chuck
C-Town	New Britain	13.1	15	Ground Round
Canaan Market	Canaan	16.3	20	Ground Chuck, Lean
Canaan Market	Canaan	3.9	15	Ground Round
Caplan's Market	Wallingford	15.8	20	Ground Chuck
Caplan's Market	Wallingford	8.3	15	Ground Round

Table 2. Fat content of ground beef (continued).

Vendor/Brand	Town	% Fat**		Label
		found	claim/regul.	
Caron's Corner	Branford	19.3	20	Ground Chuck, 80% Lean
Caron's Corner	Branford	12.8	13	Ground Sirloin
Caron's Corner	Branford	15.0 +	13	Ground Sirloin, 87% Lean
Chef's Choice	Hartford	26.6 +	20	80-85% Lean
Chef's Choice	Simsbury	22.1 +	15	85% Lean
Colonial Market	East Lyme	17.8 +	15	Ground Round
Colonial Market	East Lyme	9.8	15	Ground Round
Country Grocer	Thomaston	20.3	22	Ground Chuck
Country Grocer	Thomaston	12.9	15	Ground Round
Country Grocer	Thomaston	7.3	13	Ground Sirloin
Edward's	Manchester	9.6	10	Diet Lean
Ellington Supermarket	South Windsor	19.3 +	15	Ground Round
Ellington Supermarket	South Windsor	15.8	15	Ground Round, Extra Lean
Everybody's Market	Cheshire	17.1 +	15	Ground Chuck, 85% Fat Free
Everybody's Market	Cheshire	16.4 +	5	Ground Sirloin, 95% Lean
Everybody's Market	Meriden	11.8	15	Ground Round
Everybody's Market	Meriden	11.8	13	Ground Sirloin
Everybody's Market	New Haven	7.8	10	Diet Lean
Everybody's Market	New Haven	13.6	20	Ground Chuck
Everybody's Market	Wallingford	23.0 +	20	Ground Chuck
Everybody's Market	Wallingford	14.5	15	Ground Round
Finast	East Hartford	12.4	10	Diet Lean
Finast	Hartford	25.0 +	10	Diet Lean
Finast	Hartford	9.4	10	Diet Lean
Finast	Hartford	18.4	13	Ground Sirloin
Finast	Hartford	25.0 +	22	Lean
Finast	Litchfield	21.1	30	
Finast	Litchfield	6.9	10	Diet Lean
Finast	Litchfield	17.6	22	Lean
Finast	New Britain	20.0	30	
Finast	New Britain	7.1	10	Diet Lean
Finast	New Britain	16.6 +	15	Extra Lean
Finast	New Britain	19.8	15	Extra Lean
Finast	New Britain	19.3	22	Lean
Finast	Niantic	9.5	10	Diet Lean
Finast	Niantic	10.8	10	Diet Lean
Finast	Niantic	10.0	10	Diet Lean
Finast	Watertown	8.3	10	Diet Lean
Finast	Watertown	10.1	15	Extra Lean
Finast	Watertown	14.0	22	Lean
Finast	Windsor Locks	10.4	30	
Fitzgerald's	Simsbury	17.7	20	Ground Chuck
Food Mart	Newington	13.8	15	Ground Round
Food Mart	West Hartford	16.3	20	Ground Chuck
Food Mart	West Hartford	15.2	15	Ground Round
Food Mart	West Hartford	10.5	13	Ground Sirloin
Food Mart	West Hartford	16.0	22	Lean
Gran Central Market	Fairfield	12.9	20	Ground Chuck, 80% Lean
Gran Central Market	Fairfield	11.3	15	Ground Round
Gran Central Market	Fairfield	10.8	13	Ground Sirloin, 87% Lean



Table 2. Fat content of ground beef (continued).

Vendor/Brand	Town	% Fat**		Label
		found	claim/regul.	
Gran Central Market	West Haven	16.0	20	Ground Chuck
Gran Central Market	West Haven	15.0	13	Ground Sirloin
Grand Union	Stratford	12.1+	10	Diet Lean
Grand Union	Stratford	10.5	10	Diet Lean
Grand Union	Stratford	10.1	15	Ground Round
Grand Union	Stratford	17.6	20	Lean
Grand Union	Trumbull	21.3	25	
Grand Union	Trumbull	12.0+	10	Diet Lean
Grand Union	Trumbull	12.0	15	Extra Lean
Grand Union	Trumbull	26.6+	20	Lean
Grand Union	Stratford	21.8	25	
Grand Union#	Stamford	8.0	7	Low Fat, 93% Fat Free
Grand Union#	Stamford	8.0	7	Low Fat, 93% Fat Free
Grand Union#	Stamford	9.1+	7	Low Fat, 93% Fat Free
Healthy Choice#	Omaha, NE	2.4	4	Extra Lean, 96% Fat Free
Kingswood Market	West Hartford	24.9+	20	Ground Chuck
Kingswood Market	West Hartford	20.3	20	Ground Chuck
Kingswood Market	West Hartford	14.5	15	Ground Round
Klarides	Seymour	16.1	20	Ground Chuck Patties
LaBonne's Epicure	Farmington	16.9	30	
LaBonne's Epicure	Farmington	12.7	15	Ground Chuck, Extra Lean
LaBonne's Epicure	Farmington	3.5	15	Ground Round
LaBonne's Epicure	Watertown	18.4	20	80% Lean
LaBonne's Epicure	Watertown	14.3+	5	95% Lean
LaBonne's Epicure	Watertown	11.6	13	Extra lean, 87% Lean
LaBonne's Epicure	Watertown	10.3	10	Ground Round
LaBonne's Epicure	Watertown	10.8+	5	Ground Veal, 95% Lean
LaBranche's Supermarket	Chaplin	11.6	22	Lean
Lebanon Green Store	Lebanon	23.4+	20	Ground Chuck
Lebanon Green Store	Lebanon	15.1	20	Ground chuck
LoMark Foods	Watertown	16.0	30	
LoMark Foods	Watertown	4.0	10	Diet Lean
LoMark Foods	Watertown	7.6	13	Extra Lean
Manchester Packing	Manchester	25.9	30	
McDonald's#	Enfield	7.5	9	McLean, 91% Lean
McDonald's#	North Haven	9.8	9	McLean, Patties, 91% Lean
Michael's Market	Jewett City	7.0	10	Diet Lean
Minore's Market	New Haven	9.1	20	Ground Chuck
Minore's Market	New Haven	5.4	15	Ground Round
Mitchell's Super Market	Niantic	12.9	15	Ground Round
Nugget Food - Caspers	Manchester	24.6	30	Patties
Pat's Market	Watertown	8.4	15	Extra Lean
Pat's Market	Watertown	19.9	20	Ground Chuck
Pat's Market	Watertown	10.3	13	Ground Sirloin
Pathmark	Norwalk	6.3	7	93% Fat Free
Purity Supreme	Wethersfield	23.8	28	
Purity Supreme	Wethersfield	10.0	13	Ground Sirloin
Roland's Village Market	Tolland	10.8	10	Diet Lean
Roland's Village Market	Tolland	5.1	15	Ground Round
Shop Rite	Bloomfield	17.5	20	80% Lean

Table 2. Fat content of ground beef (continued).

Vendor/Brand	Town	% Fat**		Label
		found	claim/regul.	
Shop Rite	Bloomfield	12.8	15	85% Lean
Shop Rite	Manchester	17.4	20	Lean
Shop Rite	Wethersfield	9.1	15	Extra Lean, 85% Lean
Stew Leonard's	Norwalk	11.1+	10	
Stew Leonard's	Norwalk	13.4+	10	Diet Lean
Stew Leonard's	Norwalk	13.8+	10	Diet Lean
Stew Leonard's	Norwalk	7.3+	5	Ground Round
Stew Leonard's	Norwalk	5.3	5	Ground Round
Stop & Shop	Cromwell	14.1+	13	Ground Sirloin
Stop & Shop	Cromwell	12.9	13	Ground Sirloin
Stop & Shop	Cromwell	22.5	22	Lean
Stop & Shop	East Hartford	14.1	15	Extra Lean, 85% Lean
Stop & Shop	East Hartford	11.4	13	Ground Sirloin, 87% Lean
Stop & Shop	Fairfield	26.4+	22	73% Lean
Stop & Shop	Fairfield	24.1+	22	78% Lean
Stop & Shop	Fairfield	12.9	15	Extra Lean
Stop & Shop	Fairfield	9.1	13	Ground Sirloin
Stop & Shop	Groton	15.5+	10	90% Lean
Stop & Shop	New Britain	26.0	27	
Stop & Shop	New Britain	14.9	15	Extra Lean
Stop & Shop	New Britain	11.4	13	Ground Sirloin
Stop & Shop	New Britain	18.6	22	Lean
Stop & Shop	Old Saybrook	14.5+	13	Ground Sirloin
Stop & Shop	Old Saybrook	12.6	13	Ground Sirloin
Stop & Shop	Stratford	21.6	22	Lean
Stop & Shop	Torrington	23.4	27	
Stop & Shop	Torrington	15.4	15	Extra Lean
Stop & Shop	Torrington	13.6	13	Ground Sirloin
Stop & Shop	Torrington	15.8	22	Lean
Stop & Shop	Trumbull	20.3	22	73% Lean
Stop & Shop	Trumbull	19.6	22	78% Lean
Stop & Shop	Trumbull	16.9+	15	Extra Lean, 85% Lean
Stop & Shop	Trumbull	10.9	13	Ground Sirloin, 87% Lean
Stop & Shop	Waterford	12.5	13	Ground Sirloin
Stop & Shop	West Hartford	13.0	15	Extra Lean
Stop & Shop	West Hartford	10.3	13	Ground Sirloin
Stop & Shop	West Hartford	15.3	22	Lean
Superior Foods	West Hartford	23.3	30	
Superior Foods	West Hartford	11.4	20	Ground Chuck
T & J Supermarket	East Haven	13.5	20	Ground Chuck, 80% Lean
T & J Supermarket	East Haven	6.4	15	Ground Round, 85% Lean
TJ's Restaurant	Enfield	17.4	20	80% Lean
Tri Town Foods	Westchester	13.9+	10	Diet Lean
Tri Town Foods	Westchester	14.3+	10	Diet Lean
Tri Town Foods	Westchester	17.0+	10	Diet lean
Waldbaum's	Bridgeport	19.5	22	73% Lean
Waldbaum's	Bridgeport	19.5	20	Ground Chuck, 80% Lean
Waldbaum's	Bridgeport	13.9	15	Ground Round, 85% Lean
Waldbaum's	Bridgeport	10.1	10	Ground Sirloin
Waldbaum's	Clinton	14.0	15	Extra Lean

Table 2. Fat content of ground beef (continued).

Vendor/Brand	Town	% Fat**		Label
		found	claim/regul.	
Waldbaum's	Devon	15.4	15	Extra Lean, 85% Lean
Waldbaum's	Devon	23.4 +	20	Ground Chuck
Waldbaum's	Devon	19.3 +	15	Ground Round, 85% Lean
Waldbaum's	Devon	17.9 +	15	Ground Round, 85% Lean
Waldbaum's	Devon	10.3	10	Ground Sirloin
Waldbaum's	Devon	11.8 +	10	Ground Sirloin, Diet lean
Waldbaum's	Devon	23.3 +	15	Lean
Waldbaum's	Enfield	9.9	10	Diet Lean
Waldbaum's	Enfield	14.9	15	Extra Lean
Waldbaum's	Mansfield	10.1	10	Diet Lean
Watertown Meat Center	Watertown	10.6	15	Extra Lean
Watertown Meat Center	Watertown	12.4	20	Ground Chuck, Lean
Waz's IGA	Torrington	19.9	30	
Waz's IGA	Torrington	11.6	20	Ground Chuck
Waz's IGA	Torrington	7.8	13	Ground Sirloin
Whitehall IGA	Shelton	15.3	20	Ground Chuck, Lean
Whitneyville Food Center	Hamden	16.6	20	Ground Chuck
Whitneyville Food Center	Hamden	5.4	15	Ground Round
Wis-Pak Foods	Butler, WI	27.8	30	Patties

+ Signifies an excess of fat.

# Product cannot be labeled as ground beef since it contains ingredients other than beef and fat.

\* Claim of very lean taken to mean extra lean.

\*\* Amounts under % Fat claim/regul. are listed as on the label or what Regulations allow.

The % Fat is at a "not more than" basis.

Table 3. Summary of analyses of ground beef and sausage.

Category	Number samples	% Fat, avg (range)	Number of excesses (%)
Diet Lean	29	11.3 (4.0-25.0)	11 (37.9)
Lean	37	18.8 (8.3-26.6)	12 (32.4)
Extra Lean	20	14.0 (7.6-33.0)	3 (15.0)
Ground Chuck	40	18.2 (9.1-34.5)	12 (30.0)
Ground Round	33	12.0 (3.5-30.4)	7 (21.2)
Ground Sirloin	29	12.1 (5.1-21.5)	6 (20.7)
No Designation	33	18.7 (2.4-29.4)	3 (9.1)
Sausage, Regular	23	30.8 (10.8-60.0)	4 (17.4)
Sausage, Italian	41	21.1 (9.5-31.6)	0

Table 4. Fat content of sausage products.

Vendor/Brand	Town	% fat found	Label
A & P	Old Lyme	19.8	Italian, Sweet
A & P	Suffield	20.4	Hot
A & P	Suffield	16.4	Sweet
Big Value	Bantam	18.3	Italian, Sweet
Big Value	Bantam	10.8	Turkey, Hot
Big Y	Mansfield	24.4	Italian, Hot
Big Y	Torrington	25.1	Italian, Hot
Bogner	Manchester	31.6	Links, Italian, Hot
Buongiorno's Market	Stamford	11.4	Italian, Sweet
C-Town	New Britain	21.8	Italian, Hot
Canaan Market	Canaan	18.4	Italian, Hot
Canaan Market	Canaan	24.3	Italian, Sweet
Canaan Market	Canaan	21.5	North Italian
Caron's Corner	Branford	26.6	Italian
Colonial Market	East Lyme	26.5	Italian, Hot
Country Grocer	Thomaston	26.1	
Countryfine Brand	Cromwell	28.6	Italian, Hot
Domino's Pizza	Milford	28.8	Beef
Edward's	Manchester	19.5	Italian, Pork, Hot
Edward's	West Hartford	26.0	Ground Pork***
Edward's	West Hartford	38.5+	Ground Pork***
Everybody's Market	Meriden	20.4	Italian, Hot
Everybody's Market	New Haven	20.6	Italian, Hot
Everybody's Market	New Haven	21.5	Italian, Sweet
Everybody's Market	Wallingford	15.1	Italian, Hot
Finast	East Hartford	33.5	Breakfast, Pork
Finast	New Britain	23.3	Italian, Sweet
Johnsonville Sausage Co.	Sheboygan Falls, WI	31.5	Beer City Grillers
Klarides	Seymour	18.8	Italian, Hot
LaBonne's Epicure	Farmington	17.5	Italian, Hot
LaBonne's Epicure	Watertown	25.3	Italian
LaBranche's Supermarket	Chaplin	33.0	Pork
McDonald's	Enfield	33.5	Pork Meat Pattie
Mitchell's Super Market	Niantic	24.3	Italian, Hot
Pat's Market	Watertown	17.4	Italian
Pat's Market	Watertown	20.0	Pork
Pathmark	Stratford	21.9	Italian
Pathmark	Stratford	20.4	Pork, Long Links
Shady Brook Farms	Dayton, VA	9.5	Italian, Turkey, Hot
Shop Rite	Groton	21.4	Italian
Shop Rite	Wethersfield	25.1	Italian, Hot
Stop & Shop	Cromwell	21.8	Italian, Sweet
Stop & Shop	Fairfield	22.6	Italian, Sweet
Stop & Shop	Groton	22.3	Italian
Stop & Shop	New Britain	16.1	Italian, Sweet
Stop & Shop	Torrington	15.6	Italian, Hot
Stop & Shop	Trumbull	15.1	Italian, Hot
Stop & Shop	Waterford	25.1	Italian, Hot
Stop & Shop	West Hartford	18.1	Italian, Sweet
T & J Supermarket	East Haven	20.8	Italian, Sweet

Table 4. Fat content of sausage products (continued).

Vendor/Brand	Town	% fat found	Label
Waldbaum's	Enfield	22.8	Italian, Hot
Waldbaum's	Enfield	19.5	Italian, Sweet
Waldbaum's	Mansfield	18.9	Pork
Wayside Market	Naugatuck	21.5	
Wayside Market	Naugatuck	60.0 +	Blood
Wayside Market	Naugatuck	34.9*	Blood
Wayside Market	Naugatuck	25.0*	Bread
Wayside Market	Naugatuck	50.8*	Flour
Wayside Market	Naugatuck	29.9*	Flour
Wayside Market	Waterbury	19.9	
Wayside Market	Waterbury	56.6 + *	Blood
Wayside Market	Waterbury	52.4 + *	Flour
Windham IGA	South Windham	25.4	Italian, Hot
Windham IGA	South Windham	19.6	Italian, Sweet

+ Signifies an excess of fat.

\* Signifies product contains an excess of filler.

\*\*\* Ground pork cannot contain more than 30% fat.

Table 5. Fat content of miscellaneous products.

Vendor/Brand	Town	% Fat**		Label
		found	claim/regul.	
Everybody's Market	Cheshire	12.9 +	5	Ground Turkey
Grote & Weigel	Bloomfield	15.1	30	Hot Dogs, Big & Beefy
Grote & Weigel	Bloomfield	22.4	30	Hot Dogs, Skinless
Stew Leonard's	Norwalk	2.3 +	0	Ground Turkey, Fat Free
Stew Leonard's	Norwalk	1.0 +	0	Ground Turkey, Fat Free
Stew Leonard's	Norwalk	1.6 +	0	Ground Turkey, Fat Free

+ Indicates an excess of fat.



**The Connecticut Agricultural Experiment Station,**  
founded in 1875, is the first experiment station in America. It is chartered by the General Assembly to make scientific inquiries and experiments regarding plants and their pests, insects, soil and water, and to perform analyses for State agencies. The laboratories of the Station are in New Haven and Windsor; its Lockwood Farm is in Hamden. Single copies of bulletins are available free upon request to Publications; Box 1106; New Haven, Connecticut 06504.

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